

GREY MATTERS



We wish all members and friends of Wealden Senior Citizens' Partnership a very Happy Christmas and a peaceful New Year

2019 - A SUCCESSFUL YEAR FOR OUR FORUM

Thanks to everyone who attended one or more of our events this year. The first was a Cream Tea in May at one of our favourite venues - Barnsgate Manor (see photos at bottom of page). Forty-six people attended and had a lovely time. In July we tried something new - fish and chips at the impressive East Sussex National Hotel near Uckfield. Fifty-two members and friends booked and enjoyed their lunch.



We arranged two events for Older People's Day in September and October. Another tea was held in the lounge at Holy Cross Priory in Cross in Hand - again a new venue for us. Fifty people came and we wish the Priory could have accommodated more as some were disappointed when the event proved more popular than we expected, probably because of the beautiful surroundings that many had not visited before.

We welcomed 46 to our main event for Older People's Day in October - a talk by Lady Crabtree entitled "Growing Old Disgracefully" - a highly entertaining presentation that had everyone chuckling. A delicious tea of sandwiches and cake bites was supplied by the Civic Centre's Luxford Restaurant and we also managed to fit in a brief Annual General Meeting.



Altogether 114 people attended one or more of these events, and to judge from the evaluation forms that we asked people to fill in at the two Older People's Day events, they were really enjoyed - about 95% of those present rated the occasions as "Very Good" or "Good" and wrote some very appreciative comments.

Many thanks are due to our excellent Events Organisers Dennize Probert and Linda Blackman, and it's good to know that they will be continuing in this role next year and are planning more enjoyable trips for us in 2020 - look out for the next newsletter.



Visit our website: www.wealden-scp.org and sign up on our Facebook Page

HOW DO I AVOID KEYLESS CAR THEFT?

There have been reports of increasing instances of thieves using technology to fool keyless entry systems into thinking that the key is nearby, known as relay theft. There are steps you can take to stop the signal from your car key being amplified and putting your car at risk.

Only cars that have a passive keyless entry system are at risk. These allow drivers to open and start their cars without removing the keyless fob from their pocket. Cars with standard remote fobs are not at risk. If you have to push a button on the fob to gain entry, it's not a keyless system and your car is not vulnerable to relay theft.

Thieves take advantage of a vulnerability in the keyless technology by finding a car parked close to the owner's house – where the car key is usually kept. Car thieves work in pairs in relay attacks. One criminal will hold an amplification device up against the front wall of a home searching for a signal from the keyless fob. The device then relays the key's signal to an accomplice, who is holding another device against the car door.

This fools the vehicle's keyless entry system into thinking that the key is close by (usually these keys have a range of two meters), enabling one of the thieves to gain entry to the car.

WHAT CAN I DO TO PROTECT MY CAR?

Don't forget the basics – ensure that your car is properly locked and consider low-tech security measures, such as a steering wheel lock or locked gates, which can make life harder for thieves and could act as a deterrent for criminals who may move on to try to find an easier target.

Make sure your car keys are kept as far away as possible from doors and windows and, if possible, shut inside a drawer when you are at home. You can also purchase anti-theft pouches and containers to keep your keys in, which can help block the signal given off by your keys. Some keys also have the option of turning off the wireless signal. Consult your vehicle manual or contact the manufacturer to check if your key comes with this feature. If the worst should happen and your car is stolen, having a tracking device fitted can help your vehicle to be recovered.

Help keep Sussex safe

Seen something suspicious or have information about a crime or incident? Please contact Sussex Police online, email 101@sussex.pnn.police.uk or call **101**.

Alternatively you can contact the independent charity **Crimestoppers**, anonymously, on **0800 555 111**, or online at www.crimestoppers-uk.org



Sussex Police

HOW TO STOP NUISANCE CALLS

1. Malicious calls: Calls where the person at the other end of the line is being abusive or threatening

- Keep a record of the date and time of calls, and you can take a note of the number if you have caller display, or by calling 1471.
- Report malicious calls to the Nuisance Call Advice Line by calling 0800 661 441.
- If the calls persist, or you feel unsafe, report them to the police.

2. Marketing and sales calls: Here someone, or a company, is trying to sell you something or offer their services. This can be double glazing, a PPI claim or a charity looking for donations.

- Contact the company and ask them to remove your phone number from their list. Some start with a recorded message, allowing you to opt out of calls. Make a note of any details about the company.
- Contact the Telephone Preference Service to prevent your details being made available to marketing lists for organisations who may call you. Run by the Direct Marketing Association, the service is free. Register your details online at www.tpsonline.org.uk or by calling 0345 **070 0707**.

3. Silent calls: A silent call is when you pick up the phone and there's no one on the line.

- Get your phone number removed from marketing lists by calling the Telephone Preference Service (see above).
- If you think there's someone else on the line trying to intimidate you, report them to the Nuisance Call Advice Line (0800 661 441) or contact the police.

BT have a range of home phones designed to tackle nuisance calls.



The National Trading Standards Scams Team are offering FREE call blocking units for people who receive a high level of scam or nuisance phone calls. Visit www.friendsagainstscams.org.uk/callblocker

EVENTS SUPPORTED BY THE WEALDEN DEMENTIA ACTION ALLIANCE



- **Hailsham Community Café (Second Thursday of the Month)** - 2:00pm to 4:00pm - St Wilfrids Church Hall, South Road, Hailsham.
- **Sporting Memories in Polegate:** A weekly meeting for older sports fans to share their love for sport. Every Wednesday 10:00am – 11:30am at Polegate Community Centre.
- **Crowborough Dementia Choir:** Every fortnight at Woodlands care home, Beacon Road, Crowborough TN6 1UD - Wednesday 11:00 am to 12:00 noon, free to attend - please book your place.
- **Five Ash Down Community Cafe:** Last Wednesday of each month: 10:00am – 12:00 noon at Hurstwood View Care Home, TN22 3FH.
- **Wadhurst Memory Café:** Last Wednesday of each month, 2:30pm – 4:30pm at Wadhurst Manor Care Home, TN5 6RY.
- **Crowborough Afternoon Tea:** Last Thursday of each month, 2:00pm - 4:00pm – For more information please call 01323 443322 or email: communitydevelopment@wealden.gov.uk
- **Ninfield Musical Matinees in Ninfield:** at Ninfield Memorial Hall, 1.30pm doors open. Please book in advance. To book, please call 01424 892422 or email: jackie.langley1@btinternet.com
- **Ninfield Health and Well-being Group:** Dementia friendly afternoons. Indoor games afternoons from 2 – 4 pm at the Ninfield Memorial Hall. Enjoy a relaxed afternoon of traditional games: New Age curling, large mat snakes and ladders, skittles, shove halfpenny, bagatelle and scrabble. There will of course be refreshments. Free entry.
- **Making Memories social group for people with dementia and their carers:** The Poppy Room, Bentley Grange, Hailsham, 4th Wednesday of the month between 2pm – 4pm.
- **Saturday Socials:** Join the group for a fun afternoon at Victoria Pavilion, Victoria Pleasure Ground, Uckfield, TN22 5DJ. For more information, call Margaret on 01825 760176 or Alison on 01825 605030.

Other Events

Our Man with a Pan programme of cookery courses for men. These five-week hands-on cookery course for men who want to improve their cookery skills, be creative, meet new people, build self-confidence and eat delicious food. They cook and eat lunch together and take an extra meal home. This course is intergenerational and open to all, but priority places are for older generation men who are carers, live on their own or who in other ways in need. If you are not sure if this course is for you please contact us at: office@communitychef.org.uk. This course has been funded by National Lottery's Awards for All and is delivered by Community Chef. The £10 fee covers all tuition, ingredients, resources and administration. Courses running at the Lewes Community Kitchen.

Dementia Friendly Film Screenings: At The Picture House, Uckfield.

Dementia Voices Choir: Meet every Thursday at Pevensey Bay Baptist Church from 2:15pm - 3:15pm. The sessions are free of charge.

DISC Dementia Support & DISC Courses: Do you support someone living with Dementia either at home or in a care home? We can support you. DISC is a support service for the carers and former carers of people living with Dementia. We currently run the following facilitated support groups at: (2nd Wednesday of the month) 10.30am - 12.30pm Tesco, Hailsham; (1st Tuesday of the month) 10.30am-12.30pm Tesco, Eastbourne

Dementia Friday Club: Charles Hunt Centre, Hailsham: Songs, Crafts, Bingo and much more. Lunch can be pre-booked. Every Friday, 11am-4pm. Contact Sarah Savill 07783 693522

**The Wealden Senior Citizens' Partnership is a member of ESSA -
The East Sussex Seniors' Association - "The Voice of Older People"**



BE COLD WEATHER READY AND KEEP WARM AND WELL THIS WINTER

The Warm Home Check service offers advice to anyone who struggles to afford to keep warm at home. It also provides eligible vulnerable households with a holistic home assessment. This can include:

- advice on how best to keep their home warm/reduce energy costs
- advice on financial support available to help with heating costs
- minor home improvement measures such as improving pipe insulation, draught-proofing, boiler service
- An emergency temporary heating scheme is also available.

Subject to funding being available, the service can also coordinate and source funding for the installation of heating & insulation measures available through schemes such as the government's Energy Company Obligation (ECO).

Eligibility

For the home visit element of this free service you need to: Own your own property or rent it privately (in East Sussex) and have the owner's permission to do the work.

AND EITHER – be on a low income and be either diagnosed with a long term condition or living with a diagnosed disability OR – be receiving one of the following benefits: Child Tax Credit, Working Tax Credit, Universal Credit, Pension Guarantee Credit and/or Pension Savings Credit, Income Support, Income-based Jobseeker's Allowance (JSA), Income-related Employment and Support Allowance (ESA)

There are some income thresholds depending on the size of household.

Be Cold Weather Ready

In order to prevent avoidable harm to health, it is important to be aware of the negative health effects of cold weather, and to prepare and respond appropriately. Now is the time to register and encourage others to register for Cold Alerts so that you know if we have a cold snap in store - <https://www.coldalert.info/Registration.aspx>

Claim your free flu jab as soon as possible

Flu is potentially a very serious illness, and the flu vaccine is the single best way to protect yourself and help ease pressures on your local NHS. Last year, around 1 in 4 of those eligible in East Sussex did not claim their free flu jab. This year, residents should be vaccinated as they will be better protected from flu than ever before. We hope this improved vaccine will help ease pressures on local health services by leading to fewer avoidable GP appointments, fewer people needing hospital care and fewer deaths from flu. Those who could get seriously ill if they get flu and risk avoidable hospital admission can claim a free flu jab, including those aged 65 years and over, those in long-stay residential care homes, carers and close contacts of immuno-compromised people. It is best that people identified at risk of complications claim their free flu vaccine through their GP, and from their local high street pharmacist.



PLEASE USE THIS REPLY SLIP TO GET IN TOUCH WITH US

IF YOU HAVE RECEIVED THIS NEWSLETTER IN THE POST OR BY EMAIL, YOU ARE ALREADY A MEMBER! IF YOU HAVE PICKED IT UP AND WOULD LIKE TO JOIN, PLEASE RETURN THIS TEAR-OFF SLIP TO LET US KNOW IF YOU WOULD LIKE TO RECEIVE IT ON A REGULAR BASIS.

YOU CAN ALSO USE THIS SLIP TO REMOVE YOUR NAME FROM OUR CIRCULATION LIST.

*****PLEASE NOTE WE WILL NEVER PASS YOUR DETAILS ON TO A THIRD PARTY*****

YOUR NAME.....TELEPHONE/EMAIL.....

YOUR ADDRESS.....

PLEASE ADD MY NAME TO/REMOVE MY NAME FROM THE MAILING LIST

Detach and return this slip to: Linda Graham, Membership Secretary, 5 Rectory Field, Hartfield TN7 4JE Tel: 01892 770487, Email: info@wealden-scp.org

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